

Please Have Your Players Hold Their Gloves Like This



I know—it feels weird. That’s exactly what your players will say about how I want them to hold their gloves. My players said the same thing. I asked them to give it a chance for two weeks, and they did. Now, those same players—and even others from different teams—have adopted this method. Some teams with younger players, including those with daughters, now teach all their players to hold the glove this way.

Here’s why:

Women’s hands are generally smaller and weaker than men’s. When each finger is placed in its own slot, the hand isn’t as strong. This grip change improves performance. Here’s how to adjust the grip:

Move the pinky and ring fingers into the last hole (furthest from the webbing).

Move the middle finger into the second-to-last slot.

Move the index finger into the third-to-last slot.

Leave the index finger slot (closest to the webbing) empty.

It may feel strange at first, but if they give it a week or so, they’ll likely love it.

Advantages:

Stronger hand: Better for handling hard-hit balls and reduces fatigue.

Extended reach: The glove hand sits deeper in the glove, providing more reach.

Better grip: The glove fits tighter and absorbs sweat, reducing slippage.

Fewer stingers: Fingers are moved away from the area that gets the most impact.

More secure catches: The glove snaps shut more effectively, helping trap the ball rather than letting it bounce out.

It will take a bit of time for players to adjust. I found it wasn’t helpful to go back to using one finger per slot. Once players committed to this method—and stuck with it for two weeks—they saw real benefits.

Please consider having your players try this approach.